BAND ARCHER ROW



In a nutshell, the archer row resembles drawing a bow combined with a rotational step. It's a great way to incorporate some transverse plane movement with an exercise that emphasizes the posterior chain. The rotational step is excellent for both hip mobility and strengthening. The row really hits the upper back and promotes mobility of the thoracic spine. Plus, you feel like Katniss Evergreen or Robin Hood when you do 'em. Archer rows are an obvious win!

Anchor the band at chest height.
Stand facing the band anchor point with feet facing straight ahead and knees slightly bent.
In one smooth motion draw your left elbow back as you rotate and step back to the left.
Your belly button will be pointing perpendicular to the band anchor point and your arms will be in line with the band.
Control the movement as you reverse back to starting position, and repeat for desired reps.

This exercise may also be done in an alternating fashion. I recommend that proficiency is shown in doing reps to one side before progressing to the alternating version.
Watch the feet! If hip mobility is lacking and/or a person has lazy glutes, the non-moving foot will tend to turn in. Keep it glued to the floor and facing straight ahead!

BAND BOWLER SQUAT TO ROW



Adding a row to the Band Bowler Squat gives an excellent stimulus to the posterior oblique sling. The glute and the contralateral (opposite) lat must work together to get the job done! Mastery of the Band Bowler Squat is a prerequisite for this exercise.

Anchor the band at knee height.
Stand facing the band anchor point with feet facing straight ahead and knees slightly bent.
Place you right hand behind your low back.
Pick up your left leg, flexing the hip, knee, and ankle.
Sit back into your right hip, allowing your right knee to bend as you counterbalance with your left arm. Maintain good posture - do not allow the band to pull your left shoulder forward.
Push your right foot into the floor and contract your right glute as you reverse back to starting position. As you stand up, pull your left elbow back to perform the row.
Repeat for desired reps.

Watch your alignment! You should maintain neutral spine throughout the movement. Do not allow the band to pull you out of position.

BAND BRIDGE



The Bridge is a basic hip extension exercise that calls on the glute max as the primary muscle group used to perform the movement. There are numerous progressions from the basic 2-leg variation. This movement can be done as an isometric hold for time or in a dynamic manner for reps.

Lay on your back and bend knees to 90 degrees.
Place a Superband across your hips, holding it on either side with each hand.
Dorsiflex your ankles (pull toes towards shins) and perform a slight posterior pelvic tilt. Keep this position throughout the set.
Take a breath in and then exhale as you push through your heels to raise hips off the floor. When performing this movement as an isometric, I highly recommend taking a deep belly breath and exhaling for an 8-count as you raise your hips off the floor. This helps lock in alignment and facilitates bracing of the abdominals.
Hold for desired time at the top position, then control the movement back to starting position.
Repeat for desired reps.

Watch your alignment! You should maintain neutral spine throughout the movement. When you return to starting position, make sure you do not allow your pelvis to tip forward. If necessary, think about each vertebrae touching the floor from top to bottom in a slight rolling motion as you lower your hips.

BAND BICEPS CURL: 2-ARM



There are several ways you can tweak the Superband biceps curl to change the intensity for any circuit or individual. The basic two-arm curls is the third variation in my progression.

The amount or resistance can be altered by grabbing the band closer to the feet and then standing up with it to make it tighter OR letting out some slack to make it looser. You can easily adjust the resistance during a set, which is one reason why band exercises are very user-friendly!

Stand on the band, making sure to allow for some slack between your feet.
Curl both hands towards shoulders then return to starting position.
Continue for desired reps or time.

BAND BICEPS CURL: 2-ARM WITH STEP



There are several ways you can tweak the Superband biceps curl to change the intensity for any circuit or individual. The basic two-arm curls is the fifth variation in my progression.

The amount or resistance can be altered by grabbing the band closer to the feet and then standing up with it to make it tighter OR letting out some slack to make it looser. You can easily adjust the resistance during a set, which is one reason why band exercises are very user-friendly!

Keep in mind that you will be performing a step to the side, therefore there needs to be some slack in the band to accommodate this!

Stand on the band, making sure to allow for some slack between your feet.
Curl both hands towards shoulders as you take a step to the right, then return to starting position.
Continue to one side or in alternating fashion for desired reps or time.

BAND FRONT SQUAT: 2-ARM



The Superband front squat is quite similar to the barbell front squat in that you assume a "rack" position with the upper body. Performing the exercise with both arms up is a progression from the one-arm variation.

Stand on the band and allow for enough slack in it so you are able to assume your squat stance.
With an overhand grip, curl both arms to your shoulders.
Your palms will face the ceiling and your elbows will be up.
Keeping your upper arms parallel to the ground, perform a squat.
Continue for desired reps or time.

BAND LATERAL SQUAT: 2-ARM



The Superband lateral squat hits the glutes and adductors. Performing the exercise with both arms up is a progression from the one-arm variation.

Stand on the band and allow for enough slack in it so you are able to spread your feet roughly three feet apart.
With an overhand grip, curl both arms to your shoulders and assume a rack position.
Your palms will face the ceiling and your elbows will be up.
Keeping your upper arms parallel to the ground, sit across and back into your left hip while keeping the right leg straight.
Push up through your left foot to return to starting position.
Continue to same side or in an alternating manner for desired reps or time.

BAND LAWNMOWER ROW



The lawnmower row is a convenient way to get in some pulling work with limited equipment. When I used to work with outdoor groups, I found bands to be a lifesaver because of their portability and virtually endless options for exercises. Being able to perform unilateral work is always a good thing, and the lawnmower row is easy to tweak up or down on the fly.

Stand on the band with your right foot.
Assume a staggered stance with your right leg forward and hinge forward at the hips.
Place your right forearm against your right thigh and grab the band with your left hand.
Maintaining good alignment, pull the band towards your left hip.
Return to starting position in a controlled manner.
Continue for desired reps or time.

BAND MOUNTAIN CLIMBER



Placing a Superband across your back during mountain climbers gives the muscles of the upper back and rotator cuff an extra challenge. The band provides resistance against which these muscles must work to maintain proper position during the exercise.

The band can be placed across the shoulder blades as shown above. To increase the intensity, place the band across the lumbar spine.

Mountain climbers may be performed in a slo-mo manner or in a running motion.

BAND LIFT:
DYNAMIC W/PIVOT



The dynamic band lift with a pivot is a progression from the dynamic band lift. It incorporates a partial squat and a bit of rotation and finishes with a pivot of the inside leg. There are several ways to perform chopping and lifting patterns. For the sake of simplicity, I chose to utilize a simpler version that involves keeping the arms relatively straight and does not incorporate a pull and press as the arms come up and across the body.

Anchor the band at the ground.
Set up in parallel stance. The band anchor point will be to slightly behind your left hip.
Engage the glutes and legs to connect you with the ground and obtain neutral pelvis. Maintain this alignment throughout the movement.
Drop into a quarter squat and then stand up as you bring your hands from your left hip up and across your body. Pivot your left leg as you bring your arms up and across, finishing with hands at eye level. Allow your body to rotate slightly as you perform the lift.
Control the movement as you reverse it back to starting position. Repeat for desired reps.

Watch your alignment! There should be no flexion or extension at the lumbar spine. Do not allow the outside foot to turn out. This may be tough for those who lack hip internal rotation.

OVERHEAD HOLD: HALF-KNEELING



The Half-Kneeling Overhead Hold is an exercise that emphasizes anti-lateral flexion of the torso.

Anchor the band towards the ground and set up in a half-kneeling position. Setting up with the inside leg forward is recommended prior to attempting this exercise with the outside leg forward.
Engage the glutes and obtain neutral pelvis. Maintain this alignment throughout the movement.
Take a big breath in and then press the band from your chest to overhead as you exhale and hold this position for time.
Control the movement as you reverse it back to starting position. Repeat for desired reps.

Watch your alignment! There should be no flexion or extension at the lumbar spine. Do not allow the band to pull you sideways. Keep your shoulders set and maintain an upright position.

BAND OHP: 2-ARM



The intensity of the Superband overhead press can be increased by performing reps with both arms at the same time. This is a progression from the alternating-arm variation.

Stand on the band with feet beneath hips and allow for some slack between the feet.
With an overhand grip, curl both hands towards shoulders.
Press both arms overhead.
Pull the arms back to starting position at the shoulders.
Continue in an alternating manner for desired reps or time.

BAND OH SQUAT: 1-ARM



Performing a bodyweight squat with arms overhead makes the entire body work harder. The upper back muscles must work to keep the arms overhead and the extended position fires up the core musculature. Adding a Superband to this setup increases the challenge because it adds resistance. In addition, I believe that it helps you to perform the overhead squat better because the band helps the arms remain in a good position. The one-arm variation is a good progression from a basic bodyweight overhead squat.

Stand on top of a Superband and allow for some slack between your feet.
Assume your squat stance.
Curl your arms towards your shoulders and press your right arm overhead to form half a "Y."
Make sure you are not shrugging your shoulders towards your ears. Keep them back and down.
Reach your hips back and descend into the squat.
Push the floor away to return to starting position.
Continue for desired reps or time.

BAND OH SQUAT: 2-ARM



Performing a bodyweight squat with arms overhead makes the entire body work harder. The upper back muscles must work to keep the arms overhead and the extended position fires up the core musculature. Adding a Superband to this setup increases the challenge because it adds resistance. In addition, I believe that it helps you to perform the overhead squat better because the band helps the arms remain in a good position.

Stand on top of a Superband and allow for some slack between your feet.
Assume your squat stance.
Curl your arms towards your shoulders and press them overhead to form a "Y."
Make sure you are not shrugging your shoulders towards your ears. Keep them back and down.
Reach your hips back and descend into the squat.
Push the floor away to return to starting position.
Continue for desired reps or time.

To perform the band overhead squat with a pulse: after reaching squat depth, come up partially and then descend into the squat again. After this, stand all the way up. This is one rep.

PALLOF PRESS: TALL-KNEELING



The Pallof Press is an exercise created by physical therapist John Pallof. The Tall Kneeling Pallof Press is considered to be a regression from the standing variations. If you are unable to maintain proper alignment during this exercise, you must master it in the kneeling position before moving on to the standing variations.

Anchor the band to your right anywhere from knee to chest height.
Assume a tall-kneeling position with both knees on the ground. The band anchor should be slightly behind you on the right.
Clasp the band in both hands and place them against your upper abs.
Press arms away from your upper abs as you exhale and then pause for desired duration before returning to start position.
Repeat for desired reps.

Keep body stable and focus on quality breathing as you perform each rep. There should be no forward or backward shift of the torso and hip should remain in extension. Keep shoulders down and back and maintain alignment.

BAND PULL-APART: 2-ARM



Pull-aparts are an easy way to hit the upper back. The two-arm variation is typically done horizontally, although there are several other options.

I recommend using a quarter-inch or a half-inch Superband. If using the half-inch band, some people may need to use half of the band as shown in the pictures above (compared to using both halves of the band).

Maintain good alignment and stabilize the body while performing the movement from the shoulders.
With both arms outstretched from the chest, split the band apart by pulling arms out to your sides, making a “T.”
Pause and return to starting position, then repeat to the left.
Continue for desired reps or time.

BAND PULLDOWN: HALF-KNEELING



The half-kneeling band pulldown challenges the exerciser to maintain a solid half-kneeling setup while performing a 2-arm, 1-arm, or alternating-arm pulldown.

Anchor the band at a high point.
Face the anchor point and assume half-kneeling, keeping the glute of the down leg engaged, thus placing a slight posterior tilt on the pelvis.
Maintaining an upright torso, perform a pulldown, bringing the thumbs towards the armpits and elbows slightly behind the torso.
Return to starting position.
Repeat for desired reps.

For the 1-arm pulldown: perform as a contra-lateral movement with the opposite leg placed in the forward position OR ipsi-lateral with same side leg placed in the forward position.

For the alternating-arm pulldown: perform the full rowing movement with one arm, returning it to start position, then perform the movement with the other arm OR perform in a reciprocating fashion, rowing one arm back as the other returns to start position and then alternating in that manner.

Keep shoulders down and back and maintain alignment. There is no need to pull the band as far back as possible, as this places the shoulders in a compromised position where centration of the joint is lost and the head of the humerus is jammed forward in the socket. Row the elbows back to a position where they are slightly behind the torso and pay attention to shoulder position.

BAND PUSH-UP



Placing a Superband across the shoulder blades or the lumbar spine adds resistance to the movement in addition to reinforcing good alignment. I suggest attempting the shoulder blade placement first, as I believe the lumbar placement to be more demanding.

With the Superband wrapped across the shoulder blades or lumbar spine, hold the ends in each hand.
Get into a high plank position and maintain proper alignment as you lower your body towards the floor.
Once you have reached depth, push back up to starting position.
Continue for desired reps or time.

REVERSE LUNGE: ANTI-ROTATION



The Reverse Lunge with Anti-Rotation is a bodyweight reverse lunge with an anterior isometric hold. The anterior hold challenges the body to resist rotation throughout the movement, making this an excellent multi-planar progression from a basic reverse lunge. It is suggested that the Split Squat with Anti-Rotation be mastered prior to moving on to this progression.

Anchor the band to the right at hip height.
Starting in a parallel stance with the anchor point to the right and slightly behind your body, press arms away from torso.
Step back into a reverse lunge, keeping arms in place and resisting the rotational pull of the band.
Driving through the forward foot, step back into starting position and maintain the setup.
Repeat for desired reps.

Keep shoulders down and back and maintain alignment.

BAND ROW: STAGGERED STANCE



The staggered stance band row challenges the exerciser to maintain a stable staggered stance position while performing a 2-arm, 1-arm, or alternating-arm row.

Anchor the band so that it is in line with the arms just below chest height.
Face the anchor point and assume a staggered stance, keeping the glute of the down leg engaged, thus placing a slight posterior tilt on the pelvis.
Maintaining an upright torso, perform a row, bringing the elbows slightly behind the torso.
Return to starting position.
Repeat for desired reps.

For the 1-arm row: perform as a contra-lateral movement with the opposite leg placed in the forward position OR ipsi-lateral with same side leg placed in the forward position.

For the alternating-arm row: perform the full rowing movement with one arm, returning it to start position, then perform the movement with the other arm OR perform in a reciprocating fashion, rowing one arm back as the other returns to start position and then alternating in that manner.

Keep shoulders down and back and maintain alignment. There is no need to pull the band as far back as possible, as this places the shoulders in a compromised position where centration of the joint is lost and the head of the humerus is jammed forward in the socket. Row the elbows back to a position where they are slightly behind the torso and pay attention to shoulder position.

BAND ROW: STEPBACK



The band row with a stepback is a movement that coordinates the upper and lower body, thus making the basic band row more dynamic and challenging. Adding a step back and forth to the row kicks things up a notch and places a big demand on the body's ability to maintain position. If a person is unable to stabilize their torso while performing this movement, they need to spend more time working on rows performed in a staggered stance. The Band Row with Reverse Lunge is a progression from this exercise

Anchor the band so that it is in line with the arms just below chest height.
Face the anchor point and assume a parallel stance.
Maintaining an upright torso, take a big step back as you perform a row, bringing the elbows slightly behind the torso.
Return to starting position. Repeat for desired reps.

There is no need to pull the band as far back as possible, as this places the shoulders in a compromised position where centration of the joint is lost and the head of the humerus is jammed forward in the socket. Row the elbows back to a position where they are slightly behind the torso and pay attention to shoulder position.

BAND SKIER



The band skier is a dynamic total-body movement that is best performed in an explosive manner. I refer to this exercise as the Skier because it reminds me of how it feels to use ski poles to keep momentum going on flat areas while snow skiing. For those who have never skied before – it's much easier to go downhill! ☺

Anchor the band so that it is in line with the arms just below chest height.
Face the anchor point and assume a parallel stance.
Maintaining neutral spine, explosively swing arms down and back as you hinge over and sit back into the hips.
Return to starting position.
Repeat for desired reps.

Keep arms straight and generate power to drive them backwards.

BAND SPLIT SQUAT: 2-ARM



The Superband split squat adds resistance to a basic movement pattern. This exercise shifts the emphasis to one leg and challenges balance.

Place a Superband beneath your right foot and assume a rack position with both arms.
From a standing position with feet hip width, step back with the left leg so your feet are three feet apart. The left hip should be in extension.
Perform a slight posterior pelvic tilt and maintain this positioning throughout the movement.
Keeping the left heel up, lower your body towards the ground without any compensatory movement through the torso.
The right knee should not fall inward. Everything should be aligned with the pelvis.
Drive through the right foot, keeping the heel on the ground, to return to starting position.
Continue for desired reps or time.

BAND SPLIT SQUAT: 1-ARM ANTI-EXTENSION



This is a bodyweight split squat with a 1-arm band isometric hold. The hold challenges the body to resist both extension and rotation throughout the movement, making this an excellent multi-planar progression from a basic split squat.

Anchor the band at hip height.
With the anchor point behind your body, press right arm away from torso and step back with right leg into a split squat position.
Descend into a split squat, keeping arm in place and countering the band's pull by maintaining alignment and keeping abs engaged.
Driving through the forward foot, return to starting position and maintain the setup.
Repeat for desired reps.

Keep shoulders down and back and maintain alignment. Do not allow the band to pull you out of position.

BAND SPRINT PROGRESSION



I consider the Superband sprint progression to have three variations: marching, running, and sprinting. Essentially you can think of this progression as being “slow, fast, all-out.”

Marching is essentially an exaggerated stepping motion, driving the knee up as the opposite arm swings forward.

Running is a natural progression from marching as the pace is increased.

Sprinting is the ultimate expression of human gait, as it as all-out effort that taxes every muscle in the body!

BAND SQUAT TO ROW



The band squat to row is a total-body exercise that challenges the posterior chain. In addition, it is a great addition to metabolic workouts because it can really get the heart rate going!

Anchor the band at belly button height and set up with feet just outside shoulder width and toes slightly turned out.
Engage the glutes and legs to connect you with the ground and obtain neutral pelvis.
Maintain this alignment throughout the movement.
Descend into a squat as you resist the band's anterior pull.
Push through the floor to stand up as you perform a row with one or both arms.
Repeat for desired reps.

Keep shoulders down and back and maintain alignment. There is no need to pull the band as far back as possible, as this places the shoulders in a compromised position where centration of the joint is lost and the head of the humerus is jammed forward in the socket. Row the elbows back to a position where they are slightly behind the torso and pay attention to shoulder position.

TIGHT ROTATIONS: TALL- & HALF-KNEELING



Tight rotations challenge the body to resist rotation. The arms perform a small rotational horizontal chop while the body stays tight and stable. JC Santana refers to these as “10:00 to 2:00 Rotations,” because if you pretend you are in the middle of a clock with 12:00 directly in front of you, you move your hands from 10:00 to 2:00. Sometimes I call these “Shoulder to Shoulder Rotations” because your hands stop and start directly in front of each shoulder during every rep. Essentially this movement challenges the body to remain stable at the hips while allowing the thoracic spine to rotate just slightly.

Anchor the band so that it is in line with your chest when you are in a kneeling position.
Set up in either tall-kneeling or half-kneeling with the band at your right.
Keeping arms extended away from your chest, perform a horizontal chop starting in front of your right shoulder and ending in front of your left shoulder.
Control the movement as you reverse it back to starting position.
Repeat for desired reps.

Keep shoulders down and back and maintain alignment. Keep a stable kneeling position. If you want to increase the intensity, pick up the pace of each rep. There should be no rotation at the lumber spine.

TIGHT ROTATIONS: PARALLEL & STAGGERED



Tight rotations challenge the body to resist rotation. The arms perform a small rotational horizontal chop while the body stays tight and stable. JC Santana refers to these as “10:00 to 2:00 Rotations,” because if you pretend you are in the middle of a clock with 12:00 directly in front of you, you move your hands from 10:00 to 2:00. Sometimes I call these “Shoulder to Shoulder Rotations” because your hands stop and start directly in front of each shoulder during every rep. Essentially this movement challenges the body to remain stable at the hips while allowing the thoracic spine to rotate just slightly. The standing variations are a progression from the kneeling variations.

Anchor the band so that it is in line with your chest when you are in a parallel stance.
Set up in either a parallel or a staggered stance.
Keeping arms extended away from your chest, perform a horizontal chop starting in front of your right shoulder and ending in front of your left shoulder.
Control the movement as you reverse it back to starting position. Repeat for desired reps.

Keep shoulders down and back and maintain alignment. Keep a stable position. If you want to increase the intensity, pick up the pace of each rep. There should be no rotation at the lumber spine.

VERTICAL PALLOF PRESS



The staggered stance vertical Pallof press takes the Pallof press (named for physical therapist John Pallof) and moves it overhead. It challenges the body to resist lateral flexion and rotation, depending on how your body is set up in relation to the band's anchor point. It is a progression from the kneeling variations.

Anchor the band so that it is in line with your belly button when you are in a standing position.
Set up in a staggered stance. You may choose between placing either leg forward, depending on your level of ability.
Starting with hands at chest, press the band overhead and hold for desired duration.
Control the movement as you reverse it back to starting position.
Repeat for desired reps.

Keep shoulders down and back and maintain alignment. Keep a stable position. There should be no movement at the lumbar spine.

BAND X-WALK: HIPS



The Superband x-walk hits the lateral musculature of the hips while working the muscles of the upper back that reinforce proper posture.

The downside of this exercise is that undue wear can be placed on the band if a person does not pick up their feet while moving sideways.

Step on the band and allow for some slack in it between your feet.
Pull the band to make an “X” with hands at your hips.
Keep feet straight ahead during the exercise.
Maintaining good alignment, take a step to the right by focusing on pushing off the left foot.

Steps may be performed in a continuous manner across the floor OR in an out and back manner. Additionally, steps in an out and back manner may be performed in an alternating fashion, hitting one side for one rep and then the other.